OCTOBER 1972
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CANADIAN HOME ECONOMICS JOURNAL

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CANADIAN HOME ECONOMICS ASSOCIATION

- Professional Development — This is what was said
- The Family Studies Programme at the University of Guelph
- Ecology and Creativity in the University Clothing Laboratory

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CANADIAN HOME ECONOMICS JOURNAL

OCTOBER 1972
Voume 22, No. 4

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PRESIDENT'S MESSAGE

Another Convention has been completed and a hearty vote of thanks should be extended to all who worked so hard to make the Halifax Convention so successful. The Echoes and Soundings Convention provided stimulation in a number of areas. The challenges for us are many and great. I hope we, as home economists, will be able to become actively involved with at least some of the current issues.

The Pre-conference Workshop, too, was a great source of inspiration to all who participated.

I am pleased to tell you that Canada is to host the International Congress of Home Economics in Ottawa in 1976.

Your new executive is not unaware of the heavy repsonsibilities is has undertaken. We welcome your suggestions. We look to you for support.

President,
Canadian Home Economics
Association

PROFESSIONAL DEVELOPMENT — THIS IS WHAT WAS SAID

by WANDA YOUNG
Associate Professor, University of Saskatchewan, Saskatoon

Do you agree or disagree with the statements below? They were made during the "Programming Your Future" session at the *Challenge of Change* Convention in Toronto, Friday, July 10, 1970. Affiliated groups provided leaders for the session. About ten per cent of the members of the Canadian Home Economics Association participated in the discussion. This is what was said. Compare it with the thinking that has been brought out in the 1972 discussions in Halifax.

INTRODUCTION
(Wanda Young, Saskatoon)

We have had many challenges this week — challenges to work together and to think internationally; challenges to determine the social, economic and structural changes and the effect they will have on the family and the future of Home Economics. We've even had a challenge to lower our hemlines! Today, the Professional Development Committee want to challenge you to give us your ideas, in a brainstorming session about the changes necessary for the Canadian Home Economics Association.

Why are you being challenged in this manner? It has not been easy to staff the Professional Development Committee. We need to have individual home economists think about their professional identity.

In the past year, in several parts of Canada and in several areas of professional work, we have received the question: "Are you, the home economist, necessary?" or the statement: "You, the home economist, are not necessary. You will be phased out."

Ecology is one word that has been suggested as part of the name for this profession. Some writers define ecology as the science of survival. They forecast one generation for the survival of the environment. Can we forecast this length of time for Home Economics?

Are we a profession?

Freewheel with your ideas. Express your thoughts. They may help another home economist find an answer — or she may challenge you with another question.

Group One: Home Economists — Their Role and Image

Members of the group included teachers, extension workers, HEIB's and government home economists. They felt that the public identifies members of the Home Economics profession, not as home economists, but rather as dietitians and teachers. The public may think of the professional demonstrator as the home economist.

In 1964, the Canadian Home Economics Association accepted the following definition of a home economist: "A home economist is one who holds a university degree in Home Economics and applies her knowledge in the field of education, nutrition, family living, business, communications or research."

Now, many universities call their course something other than Home Economics—e.g. University of Guelph

— Family and Consumer Studies. Some persons working in Home Economics have a degree from a university in a related field. We should re-define the profession.

The group felt that they wanted to be aware of the necessity for Home Economics and the needs of persons with whom home economists work. Home economists must take a greater role and develop their abilities to communicate.

This group did not think that Home Economics is any more unique than other professions. We should not limit ourselves. We must be worth the salary we expect.

There is a need for a public relations programme that will convince our own professional members and the public of our role. This programme should be planned and co-ordinated by an objective person, one who can see all areas of Home Economics. Each member must accept responsibility for public relations.

Group Two: Home Economics — The Name

Home Economics remains the best name for the profession in the opinion of the teachers, professor and HEIB who constituted the group. We have built our image around the name Home Economics. It has taken many years to arrive at the state of the definition adopted in 1964:

"Home Economics is the area of study that correlates the humanities and the sciences concerned with food, clothing, shelter and human relations and their effective application in the family, the community and the world."

This is a good definition that should be given more publicity.

It was stated that it may be the teaching profession which gives the name a wrong connotation. Administrators are convinced that Home Economics is for the less able student. Teachers need to publicize the new curriculum. They must do an especially good job at the senior high school level. The "team approach" gives them an opportunity to show the richness of a Home Economics background.

If the substance of a profession is good, the name is not that important.

Alternative names that have been suggested are Family Life; Human Development; Human Ecology; Euthenics and Human Technology and Applied Arts.

Readers will be interested in comparing the thoughts expressed above in the group discussion, with the challenge expressed by Dr. Edith Simpson in the concluding address of the convention. At the Joint Board of Directors meeting, the executive was asked to establish a special committee to study the name of the profession.

Group Three: The Canadian Home Economics Association — Its Role

This varied group with teachers, professors, dietitians, HEIBs and homemakers with both French and English speaking members had an opportunity to discuss the work of this professional organization and its objectives. They were asked to think of the successes and the failures. They asked permission to send me their report after the convention, but it has not arrived and so there has been in delay in printing this article.

Group Four: The Relationship Between the National Organization and Its Affiliated Groups

Teachers and university students in this group think that there are variations

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FROZEN GINGER PUMPKIN PIE
(No-Bake recipe)

22 PEEK FREAN GINGER CRISP biscuits, blended or finely crushed
3 tablespoons butter, *melted*
1 pint vanilla ice cream
2-3 tablespoons candied ginger, chopped
1 cup prepared pumpkin pie filling
½ cup brown sugar
3 tablespoons sherry (optional)
1 cup heavy cream, whipped
Whole walnuts or pecans, and additional whipped cream, for garnish (optional)

Combine Ginger Crisp biscuits and butter. Press crumbs on bottom and up sides of buttered 9″ pie plate. Chill. Soften ice cream slightly and stir in chopped ginger. Smooth into prepared crumb shell. Freeze. Combine pumpkin pie filling, brown sugar and sherry. Fold in whipped cream and spread over frozen ice cream. Garnish. Cover and return to freezer until firm. Allow 15 minutes at room temperature before serving. Serves 8.

DELUXE PEEK FREAN FRUIT CAKE
(No-Bake recipe)

24 PEEK FREAN DIGESTIVE biscuits, finely crushed, (12 oz.)
4 oz. candied pineapple, cut up
8 oz. candied cherries
8 oz. cut mixed peel or fruit
8 oz. shelled whole Brazil nuts (about 1½ cups)
1½ cups seedless raisins
¼ cup milk or sherry
10 oz. marshmallows (about 40)

Line two 7″ x 4″ x 2½″ loaf pans with buttered waxed paper. Combine crumbs, fruits and nuts in a large bowl. Heat milk (or sherry) in top of double boiler over simmering water. Add marshmallows and stir until melted. Pour over crumb mixture and mix thoroughly. Spoon into prepared pans, packing down firmly. Cover tops with waxed paper. Chill.

Remove cakes from pans, wrap in foil and store in refrigerator. Yields about 4 pounds of fruit cake.

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in the relationship of affiliated groups to the national organization. Some maintain contact but other groups are detached and feel separate. Groups do need freedom to operate and progress as they wish, meeting the interests of their members. The size of the group and its location geographically affect its operation and relationship to the national groups.

Fees are lower in affiliated groups than in the national organization. This allows retired professionals and homemakers to maintain their contact with the profession at a price suitable to their budget. These persons also enrich the profession at the local level.

The affiliated groups further an interchange of ideas between all facets of the profession. Local affiliated groups, to which the members discussing this topic belonged, included nutritionists, teachers, extension workers, dietitians, retired and homemakers. Not only do the affiliated groups give an opportunity to those from different occupational areas to exchange ideas, the groups also give an opportunity for those with common interests to share their thoughts and experiences. These professional contacts are important for the individual home economist.

In 1970, there were eleven provincial associations, thirteen regional associations and four educational associations on the roster of affiliated groups. C.H.E.A. sthould be responsible for making known any major undertaking by one of these groups to the other groups. Local groups should publicize the C.H.E.A. communications at their meetings.

Since the members of this group were all working in some phase of the educational process, they felt that the local group which is a part of the community should make it their responsibility to make high school students aware of the profession of Home Economics and its organizations.

Group Five: The Relationship Between the Various Occupations within the Profession

This group of educators, each working in a different specialization discussed only the questions prepared in advance (see CHE Journal Vol. 20 No. 3 June 1970, p. 6-7-28). The discussion leaders at their advance meeting added this question: "How can the provincial associations truly represent and work for all home economists no matter what their specialty after graduation? We are trying to develop a broader representation on the C.H.E.A. Board of Directors".

In considering the topic of a general course versus specialization, the discussants stated that generalization is needed in the early years. Specializations should be kept for the final year. In-depth specialization should be reserved for graduate studies. However, they felt that universities were becoming more specialized in their course offerings. This might discourage prospective students who would not want to travel across the country to study a particular emphasis in Home Economics. More background in the behavioral sciences should be given in all Home Economics courses. Some comments from individuals in the group were:

— the dietitian should consider going out of food service work.

— a team approach is needed in community work. Home economists should work as equal with other professionals such as social workers and medical workers.

— Home Economics students should be encouraged to go into the community as part of their training. However, care must be taken that they do not become a burden to competent, busy workers. An honorarium or a reduced work load should be planned for the person responsible for working with the students.

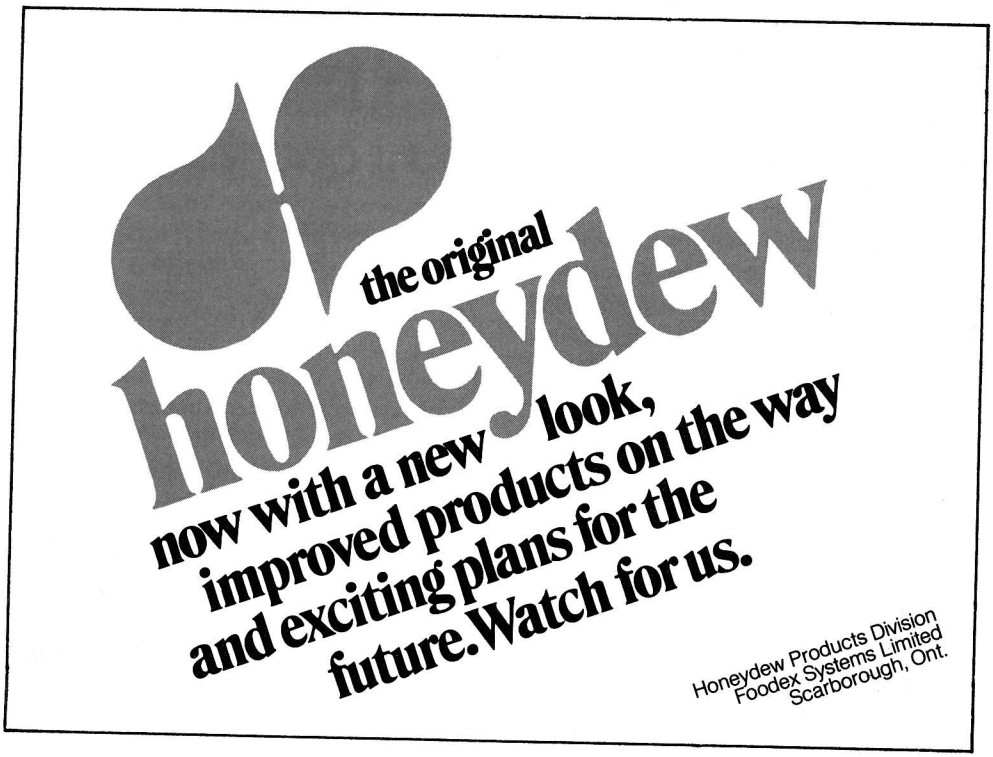
The other questions were concerned with the possibility of a merger between th various occupational areas such as dietitians, teachers, homemakers, home economists and HEIBs and methods that might be used to accomplish this. The discussion group saw the role of C.H.E.A. there should be representative and presenting an image. Within C.H.E.A. there should be representative groups such as education, dietetics, business and the community. More local groups should be organized with an encompassing fee paid at the local level, including the fee for mmbership in the national organization. The schedule for fees should consider non-active home economists who want to retain their membership. Membership might be compulsory for graduating students. Comments from individual members on this topic were:

— could the number of Journals be increased. We now receive four magazines for $25.00

— the national organizations should be able to provide information about local contacts to members who move to a new center.

— a survey should be conducted to determine the number of home economists in Canada.

— the national organization should consider appointing a full-time executive secretary.



Group Six: Symbols

At present, C.H.E.A. has a crest, presented by a committee chaired by Anne Cameron which completed its work in 1950. The committee had the task of employing a professional artist who would submit suitable designs for a Home Economics crest; of selecting the design and for making arrangements for engraving of the crest. The artist chosen was Charles Goldhammer, formerly official war artist for the R.C.A.F.

The crest which is now in use on the stationary (in red for the C.H.E.A. national office; in blue for affiliated groups and in green for the convention committee) was selected on the basis of:

(1) Simplicity of design

(2) Appropriateness of motif, showing the door to represent the home; and the stylized maple leaf — symbol of Canada; and the laurel wreath — significant of honour.

(3) Lettering and placement of words.

(4) General effect.

The College Club section of C.H.E.A. (now known as the Association of College of Home Economics students) adopted a professional ring in 1967. It is to be worn on the fourth finger of the working hand. It is available to all graduates of Home Economics from Canadian universities. The symbolism in the ring is:

— yellow gold to denote the warmth of home and family.

— a shank with many facets representing the many facets of Home Economics.

The College student sees the purposes of the ring as:

(1) to act as a unifying force within the profession

(2) to increase professional pride

(3) to act as tangible proof of the ideals and ethics of the profession.

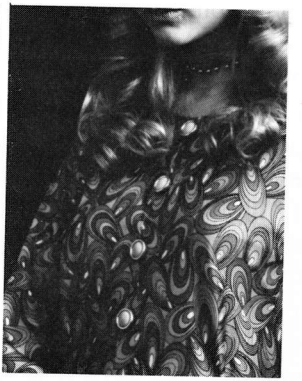
The members of the discussion group had two comments on the purpose of a professional symbol. They see that it does identify the wearer or user. The general public and fellow professionals, especially, will recognize it. In addition, a symbol can give the professional person a feeling that the profession is keeping up with the times.

The group added the term "logo" as a symbol that might be considered pointing out the chain link used by the committee approaching industry for support and by the 1970 pre-conference course and the logo used by the Challenge of Change Convention Commitee. They thought that any symbol should portray the image of home and family and it should retain the maple leaf in some form. They would suggest that some change is necessary because it is difficult to recognize the door. The crest as it is, is unsuitable for today's communication media, especially television.

In planning for change, this group would like to use the best of the old and the best of the new. They would retain the name: Canadian Home Economics Association. They would retain the crest for certain uses because of its historic value. A logo, that could be used with or without the crest and that would be up-dated at regular intervals, could meet a need for professional symbolism.

Group Seven: Code of Ethics

The suggested code of ethics, 1970, was provided to this group. A member of the Canadian Home Economics Association:



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(1) Will support the association and further its aims.

(2) Will co-operate with other organizations throughout the world whose aim is the welfare of the home, family and community.

(3) Will accept responsibility to society in matters relating to production and consumption.

(4) Will act, at all times, with fairness and loyalty to associates, employers and employees.

(5) Will claim only those professional qualifications possessed and be responsible for correcting any misrepresentation by others.

(6) Will in no way injure the professional reputation or status of another member.

(7) Will, in accepting employment by an institution or company, imply substantial agreement with the general policies, principles and objectives of the organization.

(8) Will accept only fair and equitable remuneration for services provided.

(9) Will not accept compensation for public endorsements of goods and services of firms other than the one by which he or she is employed.

(10) Will hold in confidence all information instructed to them relating to the affairs of the association; the employer; colleagues and those served.

(11) Will maintain the highest standards of professional conduct.

(12) Will observe standards of personal ethics which reflect credit upon the profession.

(13) Will seek to make professional growth continuous.

The group which was composed of government or commercial HEIBs was asked to think through why we need a code of ethics. They felt that such a code is needed by the profession of Home Economics in order to maintain standards, in order to present an image to the public and in order to handle any discipline problems that should arise. They could see that a code of ethics would provide a uniform and unifying nationwide statement. Registration would be essential to enforcing such a code. In preparation for registration it will be vital to establish clear definitions to present to the licensing authority.

The group found the time for improving the drafted Code of Ethics rather limited. They did suggest that the items should be redistributed into two parts. One part should include those items affecting the profession and the other part those items that are more related to the individual.

Group Eight: Registration

(1) Is this necessary for recognition as a profession?

(2) What are the advantages?

(3) Are there additional legal requirements for a profession?

The thoughts of this group are also missing. Many of the questions discussed by groups do overlap. The group discussing the Code of Ethics did present some thoughts about registration (see above). In 1971/72, a survey was conducted among the affiliated groups that indicates many members do not understand legal implications such as registration.

Group Nine: Membership

Fortunately this group was quite diverse as it included a food service consultant, a public health nutritionist, a teacher in the foods area, an educational consultant, a home economist in the food industry, a dean of women

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and a home economist with the federal government.

They provided three reasons which would encourage Home Economics graduates to support their professional organization. The Canadian Home Economics Association does give official status to actions and does further causes related to professional interests. The salary survey will be valuable to members. When registration has been achieved and when a Code of Ethics has been established, the professional status will be greater. At present support by recent graduates is minimal. Stimulating, interesting projects should be developed by the professional association to encourage these young persons to join and to continue their support.

The present membership form was criticized by this group. The fold-over type is not noticeable enough. A logo might create interest. Do affiliated groups make use of the membership form in any way?

Membership fees were discussed. The group realized that homemakers and retired home economists might maintain their membership if fees were reduced, but they realized that administration would be difficult. Lower fees for homemakers who have belonged for twenty years or non-voting memberships for those who are no longer gainfully employed might be considered.

Improved communications might increase the number of members. If a national newsletter could be afforded this might maintain interest. Greater use could be made of the CHE Journal. Secondary schools, colleges and those planning workshops could assign more readings from the Journal.

Group Ten: Para Professional Workers

It has been pointed out to me recently that a better title for the graduate from a technical school and for workers with more limited training who work in the same field to serve the same persons might be a Peripheral Worker. The discussion group participants defined their problems as that of university training versus technical training: as that of pure arts and science versus applied arts and science. They realized that in some cases, the period of training might be very similar. They realized that there is a role for both. Only those with university training should call themselves a home economist and only those with university training should be admitted to membership in the Canadian Home Economics Association.

The home economist is the manager and the delegator. The technician or assistant should have skill to give technical strength to the home economist. The home economist should assume responsibilities that require more thinking, such as public relations, better procedures, development as public relations, better procedures, development of new products while the technicians should assume routine skill responsibilities.

Technicians should be encouraged to have their own associations. If they wish to become a home economist, they would be required to take the necessary training, although the production of an original research thesis might be considered, as well.

Will technicians take jobs away from the home economist? This is likely unless the home economist contributes in a better way and so earns her higher

salary. If the home economist becomes involved in development, her position should not be jeopardized.

There is a lack of knowledge concerning Home Economics among guidance counsellors. Counsellors might be invited to Home Economics meetings to acquaint them with the work of the professional. Slide presentations and educational television might be used to inform counsellors as well as students. These should be realistic not playing up glamour only.

Home economists themselves, should be aware of the influence they have as representatives of the profession. Some members of the profession overdo their professionalism and create a cold image. All members should be encouraged to keep up-to-date and to know what is going on in their profession.

Who is responsible for the training of teachers of para professional workers? The university should be responsible for this training. Interaction between the university and the technical college so that each is aware of the others' role should be encouraged. C.H.E.A. should be the channel for information about what is going on in each type of institution across Canada.

Group Eleven: Interaction With Other Disciplines

A nutritionist, a high school teacher, a university teacher, a student, a retired university teacher and a homemaker thought that most other professions have some overlap with Home Economics, since most professions are concerned with people.

The home economist might be part of a community planning team working along with the architect or the town planner. The medical team should include dietitians, nutritionists and those educated to assist the handicapped (such a Special Education course exists at the University of Saskatchewan) as well as doctors, nurses, druggists, therapists and social workers. There is a place for the home economist, with management skills or nutrition background on the social work team. The business team should include a home economist with public relations skills.

The answer to the question — "Are we willing to be influenced by others?" was brief. Yes, we should be. Yes, we must be — after consideration.

The group defined the word identity in the context of the question — "Can the home economist 'let go' without fear of loss of her own identity?" as implying territorialism. The objectives of a team should be all-important. Co-operation is necessary to achieve objectives and a home economist must "let go" if the objectives will be better realized. The co-ordinator of this article is in agreement with the group and would cite Family Life education as an example. It may be necessary for the Home Economics teacher to "let go" this area in order to have boys and girls have the opportunity to be part of such classes.

To approach other disciplines, a home economist must be well informed. well-equipped and up- to-date. She should not be a "territorialist" but must be outgoing and receptive to new ideas and to the ideas of other persons.

To prepare a home economist to work with other disciplines, a broad general course is necessary. Such an education would be enhanced by visits to schools, hospitals and industry to have contact with other disciplines.

The group thought that a Code of Ethics for home economists was related

to this topic. The profession should establish a Code of Ethics as a grade and then work later to enforce it. Some re-grouping in the suggested Code would be necessary.

Group Twelve: The Role of the University

There is a definite role for universities to play. Perhaps, it can best be defined by those teaching Home Economics at the universities. The Canadian Association of University Teachers should be asked to prepare a survey of Canadian university programs in Home Economics. Thus, a valid brief could be presented.

The Canadian Home Economics Association could, then, be very instrumental in implementing the recommendation of the said brief. University administrators are not generally aware of the priorities of Home Economics and guidelines from the national; professional organizations would be helpful to them. The guidelines supporting such a brief and the brief itself might well assist the administrators of scholarships in determining what research is necessary in Home Economics and in encouraging graduate study.

Group Thirteen: The Role of the High School and the Elementary School Home Economics Teacher

This group included high school teachers, HEIBs who are responsible for educational services, a vocational education specialist and a school supervisor. They were asked how the teacher might counteract the concept of "cooking and sewing". They thought that cooking and sewing can be meaningful activities. It is primarily the parents and other adults who use this description, not the students.

Curriculum change should be based on the goals teachers set, and the goals parents set. In some way, these should come together so that in the classroom, the students' needs are met. A core is necessary. Teachers need to build into it what is relevant to the students in the particular community situation.

The teacher herself should interact with other teachers, parents and the community in order to let these persons know what she is teaching.

Students will select Home Economics as a school subject and as a career if the teacher plans experiences that are meaningful to them and challenging to them. Because of its multidisciplinary nature, the teacher should ask others such a doctors, nurses, economists and sociologists to help her meet the students' needs and societal needs.

Group Fourteen: Continuing Education For Home Economists

The nature of the question set the school supervisors, extension home economist, dietitian and consumer consultant that comprised this group, thinking primarily of the home economist who is returning to the work force.

The group stated that refresher courses should be mandatory when one returns to employment. Factors affecting the quantity of such course requirements would be the original qualifications of the home economist, the length of time spent away from the work force, the type of work experience before the break and the type of experience to which the home economist is returning. The requirements should be well defined. Most returning home economists recognize the need for such refresher training and desire it.

Such refresher courses should be offered by the universities. The national

organizations, both the Canadian Home Economics Association and the Canadian Dietetic Association should encourage surveys to determine the needs. Each area of specialization should guide the universities, as to the type of course or courses and the content.

Discussants objected to the word "enforce" used in the question: "Who will enforce, present and evaluate the refresher course?". They substituted the word "encourage" rather than "enforce". Employers should be encouraged to select employees on the basis of the professional development they have achieved through attendance at such refresher courses. These courses might also be a basis for advancement.

A minimum of at least one course in the area of specialization which is most relevant to the employment situation should be required. For example, a returning teacher might be required to have a course in the area of audio visual media or new textiles and a returning dietitian a course in new developments in diet therapy.

Refresher courses should be offered frequently. They should be made available in a variety of ways; such as a summer school course, a full university course, a short work shop or a series of seminars, night school or by correspondence.

Women returning to work must be sure that their "work" will be considered an important priority by family members. The husband and other family members must be in agreement so that the wife and mother will have full support and some help to share in the management of the home.

Group Fifteen: Attitudes

Others see us as we see ourselves. If we are apologetic about our profession and say that "nobody loves us" then nobody *will* "love us".

The profession of Home Economics differs from other professions, such as medicine and law in that it deals with everyday life and personal values. This is often resented due to ignorance, on the part of the laymen, or due to a critical "know-it-all" attitude on the part of some home economists. We must look for the good in a situation, before trying to change that situation.

Men, particularly, are ignorant about the home economist. It was encouraging that the consumer consultant in the group stated that the men in her business area are most co-operative and knowledgeable about the profession. This attitude in the male colleagues was due to the self-confidence, enthusiasm, energy and skills demonstrated by the home economist working with them.

Media such as ETV and cable TV should be used to promote the image of the home economist. C.H.E.A. could have suggestions and pertinent data on topics which could be used to produce good TV programs in a short time.

These thoughts were provided by the teachers, homemakers, extension workers, professors, consumer consultants and HEIB that constituted group fifteen.

Group Sixteen: Future Development

Is there a need to study the role of women and the role of families? Yes! The role of the families must come first, then the role of women should be examined in a total way. Do not exclude an examination of the role of men and the role of children in the family.

To help an individual assume his role in the family, a home economist

must develop realistic attitudes in students and in the homemakers. The family is important and should be a source of pride to individuals within the unit. Home economists can assist the family by teaching the mechanics that affect the economic life, the relations betwen family members, the management of its resources so that each individual achieves his needs.

The unique contribution that a home economist has is that of a communicating link. This professional person can join the university, the business world, government and the community.

Technology will contribute to the role of the home economist by creating more leisure for the family. To assist its members in using this additional leisure wisely is a function of the home economist. Technology will affect the professional life by freeing the home economist to work more at the executive level in planning and in development.

The profession and its members do have to become totally involved in social issues and lose conservative attitudes. Home Economics must be relevant to society today and must be concerned with the way people really live.

Provisions were made for two additional groups after the "Programming Our Future" article (CHE Journal, Vol. 20, #3, June 1970, p. 6-7-28) went to press. There were not sufficient members in attendance to carry out these discussions, but the question should be recorded.

Group Seventeen: Financial Issues

How can assistance be given to finance professional education?

How can new curriculum be instituted without greatly increasing expenditures?

How can the individual and the professional organization meet phasing out that may occur due to the "economy" measures of administration or government?

Is there a need to develop a wage scale for part-time work? How can this be done?

Group Eighteen: Recognition by the Profession

What are the purposes of giving recognition?

What recognition do we now have?

Do we need to change any of the present modes of giving recognition?

Do we need to recognize contributions by home economists to the professions, to the academic world and to the community, in any additional ways?

Group Eighteen was provided with this information about forms of recognition that already exist within C.H.-E.A.

— Each CHE Journal contains a list of the names of members joining for the first time.

— An Honor Award (Honorary Life Membership) is given to a CHEA member in recognition of outstanding contributions to the association over a period of years.

— An honorary Membership is granted by unanimous vote of the Board of Directors to a non-member who has rendered exceptional service to the field of Home Economics.

— A "Fellow" is a title to be awarded for professional distinction associated with outstanding accomplishment in any field of Home Economics, recognizing integrity, scholarship, breadth of knowledge, leadership experience and service to the association and the community. Five years as

an active member of the association is a qualification.

Conclusion:

The groups were enthusiastic about their discussion. We rushed to have a "report back" session and get to the final meeting of the convention. Such opportunities to talk about problems related to the professional organization should be included in future conventions. Meanwhile, the chairman saved time by limiting her concluding remarks to a brief "Thank you to the discussion leaders. Thank you to the discussants". The prepared conclusion, which was not given is presented now.

It was a rainy day in Saskatoon when I was thinking through this session. The rain was gentle and continuous — the kind we like best, in the West — the kind we call a "soaker" or a "million dollar rain" — the kind we need to grow wheat. Although there is not a great demand for wheat at this moment, it is a valuable product. Our profession is like wheat. There is something valuable and precious there. Remember that, if someone wants to phase you out.

Thank you for this "fall" of ideas presented today, recorded in this article. Thank you to the discussion leaders who started you in your thinking. Thank you to the members for participating so well. May these thoughts continue as a life-giving "soaker" — not a cloudburst that will work the seed away — nor a light shower that is forgotton tomorrow. Take these thoughts and continue cultivating them in your local group and in your personal professional development.

UNIVERSITY OF OTAGO
Dunedin, New Zealand

HOME SCIENCE SCHOOL
LECTURER IN FOODS DEPARTMENT

Applications are invited for the position of Lecturer in Foods and/or Food Service Administration in the School of Home Science of the University of Otago. Two positions are available. Duties to include one or more of the following — teaching of foods courses; teaching of home management; teaching of students training for hospital dietetics and other branches of food service administration with emphasis on teaching methods as applied to the dietetic profession.
Applicants should hold a degree in home science (or its equivalent) plus further training and experience relevant to the teaching duties.

Salary Scales:

Lecturer – $NZ 5,589 - $NZ 7,149 per annum
Senior Lecturer – $NZ 7,278 - $NZ 9,358 with a bar at $8,579 per annum.
(Note: $NZ 100 = approx. £45 sterling; $US 119; $A 100.)
Salary scales are subject to both triennial review and interim cost-of-living adjustments.

Further particulars are available from the Registrar, University of Otago, P.O. Box 56, Dunedin, New Zealand, with whom applications close on 15th November 1972.

J. W. Hayward
Registrar.

THE FAMILY STUDIES PROGRAMME AT THE UNIVERSITY OF GUELPH

by EDWARD S. HEROLD
Assistant Professor, Department of Family Studies, University of Guelph

One of the major stated shortcomings in the field of family life education is that universities do not have programs which adequately prepare students for teaching. Although this was the situation a few years ago, it is time that recognition was given to the fact that some Canadian universities have responded to the need and have instituted professional programs of family life education.

In order to demonstrate that substantial changes have taken place in the preparation of teachers for family life education, a comparison will be made of the new program for Family Studies majors in the College of Family and Consumer Studies at the University of Guelph with the criteria for family life education teachers developed by a special committee of the National Council on Family Relations (Sommerville, 1970).

The Family

NFCR includes the areas of family patterns and sub-cultures, family interaction and marriage preparation. Family Studies majors at Guelph are required to take Individual and His Family I which deals with family interaction patterns at all stages of the family life cycle. They may elect to take additional family courses in the department such as Family Patterns and Culture Change and Individual and His Family II or family courses offered by the Department of Sociology and Anthropology.

Human Development

It is recommended by NCFR that human development be examined from birth to senescence. At Guelph, Family Studies majors are required to take Human Development and two courses in Child Development. In addition, they may elect to take courses in Parent-Child Relations, Mental Health Principles or other Child Studies courses. These provide comprehensive knowledge of personality development at each stage of the life cycle.

Biological Sciences

NCFR lists the areas of human nutrition, elementary human physiology and reproduction. At Guelph, Family Studies majors are required to take two nutrition courses, Nutrition and Man and Family and Community Nutrition. They also have to take introductory biology and a human physiology course. They may elect to take additional nutrition and physiology courses as well.

Sexuality

The topics of male and female roles and sex as related to personal and social functioning are suggested by NCFR. These topics are touched upon at Guelph in some of the courses mentioned previously. Family Studies majors may elect to take Development of Human Sexuality which emphasizes the development of sexuality with an interpersonal context.

Management of Family Resources

The management of family resources

is referred to by NCFR as the family's transaction with the consumption economy. Family Studies majors are required to take Management in the Home I which includes a study of values, resources and decision-making. They also take The Family in the Canadian Economy covering such topics as income distribution, spending patterns, inflation, poverty and another course, Personal and Family Finance which includes consumer credit, savings, investment, insurance and budgets. In addition, they take Introduction to Consumer Behaviour. Students may elect further courses including Management in the Home II or courses in consumer studies.

Group Processes

NCFR states that the teacher needs to be aware of interaction processes in a group. Family Studies majors are required to take at least one course in either communication, social psychology, or group dynamics. Students receive a great deal of practical application in group process because several of their courses require group assignments.

Methods and Materials in Family Life Education

NCFR suggests an awareness of a variety of teaching aids and strategies. Family Studies majors do not take a course in this area but are exposed to it in their regular courses where they are frequently required to present topics using a diversity of teaching techniques including: lectures, group discussions and papers, audio-visual aids, etc. It is expected this area will be covered by the College of Education in addition to the related area of Practise Teaching which is also listed by NCFR.

Field Experiences and Community Resources

Supervised field work and the study of community resources are recommended by NCFR. Family Studies majors are required to take The Family and the Community which includes both discussion of community resources and field placement in a school or community agency.

Research

It is suggested by NCFR that students should have research training so that they can evaluate new research findings. Family Studies majors are required to take a Research Methods course and a Statistics course. They are also required to take a two semester research-seminar course in which they have to design and carry out a research project.

Individual and Family Counselling

NCFR states that teachers should be familiar with counselling techniques and should be aware of when referral to a professional counsellor is necessary. Students at Guelph receive some knowledge of counselling in several of the courses they take especially in The Family and the Community, Mental Health Principles and Development of Human Sexuality.

Survey of Basic Laws

NCFR recommends an examination of laws regarding marriage and the family. Laws are touched upon in some family studies courses at Guelph including Personal and Family Finance and the Development of Human Sexuality.

In addition to the preceding courses, Family Studies majors who plan to enter Home Economics teaching are required to take courses in the tradi-

tional Home Economics areas of Foods, Clothing, Textiles and Housing. These courses are necessary to give the student a "practical" orientation to the family. It should be noted that although most Family Studies majors enter teaching, some work with social work agencies and others work with government extension agencies.

In summary, the purpose of this analysis has been to inform those interested in the family life field that comprehensive programs for family life teachers have been developed in Canada, particularly at the University of Guelph.

References

Sommerville, Rose M. 1970. "Family Life and Sex Education: Proposed Criteria for Teacher Education." The Family Coordinator 19 (2) : 183-185.

THEODORA BRYCE

Word has been received from Nigeria of the accidental death of Professor Theodora Bryce, of the College of Home Economics, University of Saskatchewan, Saskatoon.

Professor Bryce was on a two-year leave of absence from the Saskatoon campus and had been lecturing in home management at the University of Ghana. The accident occurred September 1, while she was holidaying in Nigeria.

Professor Bryce was born in Ottawa and took part of her early education in India, where her parents were missionaries. She attended high school in Oshawa and Toronto and went on to Mount Allison University for the bachelor of science degree in home economics, Cornell University for the master of arts degree, and Colorado State University for a certificate in occupational therapy.

She taught school in Ontario and then joined the University of Saskatchewan in 1945 as an extension home economist. In 1949, she went to India, where she spent five years as an educational missionary. She joined the Physical Restoration Centre in Regina in 1956 as a therapist and rehabilitation home economist and then returned to Saskatoon in 1964 to become a special lecturer in the College of Home Economics. She was promoted to associate professor of home economics in July, 1971, and was granted leave that summer to teach in Ghana.

Professor Bryce was a past president of the Saskatchewan Society of Occupational Therapists and past chairman of the Education Committee of the Saskatchewan Home Economics Association. She had also been a member of the Family Life Committee of the Canadian Home Economics Association and was a charter member of the Home Science Association of India.

Welcome New Members

New Members May 1972

Alberta

Mrs. Marion A. Kelly, Calgary Power Ltd., P.O. Box 1900, Calgary, — Home Service Supervisor.

Saskatchewan

Miss Sylvia M. Seymour, 904 — 415, 23rd St., East, Saskatoon — Consumer Counsellor.

Ontario

Mrs. Shirley Carson, 922 Echo Drive, Ottawa — Homemaker (Associate)

Miss Christine R. Hoffman, 88 William St. S., Apt. 2, Lindsay — Extension Home Economist.

Miss Joanne E. Mackie, Apt. 2, 35 Albert St., Georgetown — Teacher (Associate)

Nova Scotia

Mrs. Donna M. Pree, Box 232, R.R. 2, Wolfville — Lecturer.

Mrs. Florence Purves, 31 Acadia St., Wolfville — Teacher, Home Economics (Associate)

Miss Karen A. Vokey, 23 Atlantic Drive, Reserve — Teacher, Foods.

Outside Canada

Mrs. Barbara Lanz, 31700 Cowan Rd., Apt. 204, Westland, Mich. 48185, U.S.A. — Lecturer.

1972 Graduates

Manitoba

Mrs. Lynne D. Trachtenberg, 312-130 Killarney Ave., Winnipeg R3T 3B2.

Miss Mieko S. Yamashita, 1614 William Ave., W., Winnipeg R32 1A8.

Ontario

Mrs. Lorraine M. A. Hubbert, 254 Rideau St., Apt. 1, Ottawa K1N 5Y3.

New Members June 1972

British Columbia

Mrs. Eda M. Favaro, 3257 East 18th Ave., Vancouver — Instructor.

Ontario

Mrs. Margaret J. Ayer, R.R. 13, Thunder Bay — Dept. Head, Home Economics.

Mrs. Eileen A. Snyder, Apt. 101, 740 Kipps Lane, London 25 — Centennial Museum.

Quebec

Mrs. Patricia Inglis, 1825 Dunant, St. Bruno — Food Editor.

New Brunswick

Mrs. Frances A. Jamison, 227 Leeds Drive, Fredericton — Teacher.

Prince Edward Island

Miss Jessie C. Clarey, Dept. of Agriculture & Forestry, O'Leary — District Home Economist.

Mrs. William Reddin, University of Prince Edward Island, Charlottetown — Assistant Professor.

1972 Graduates

British Columbia

Mrs. Barbara L. Gilbert, 401 — 515 Marifield Ave., Victoria.

Miss Melanie M. Whyte, 1549 — 95 Ave., Dawson Creek.

Manitoba

Miss Helen E. Haresign, 52 Handyside Ave., Winnipeg.

Miss S. Kristine Kilpatrick, 164 Frasers Grove, Winnipeg R2K 0E7.

Ontario

Miss Janice I. McRoberts, General Delivery, Orville.

Miss Marianne E. Smit, 26 Nanton Ave., Toronto 5.

Miss Mary E. Stammers, 12 Indian Creek Road, West Chatham.

New Brunswick

Miss Denise H. Babineau, Grand-Digue, C.P. 26, County Kent.

Nova Scotia

Miss Patricia L. Stanley, 210 Willet St., Apt. 17, Halifax.

Miss Janice R. Worthen, 1047 Greenwood Ave., Halifax.

Prince Edward Island

Miss L. Sharlene Cameron, 28 Fairview Drive, Charlotteown.

Miss M. Lynne Young, 166 Burbury Rd., Charlottetown.

New Members July 1972

Saskatchewan

Miss Brenda L. Smith, Saskatchewan Broiler Chicken Producers' Marketing Board, 2534 Dewdney Ave., Regina S4R 1H7.

Ontario

Miss Margaret F. Burns, #108, 75 Windermere Ave., Toronto 3 — Tenant Placement, Ontario Housing Corporation.

Miss Rosemary Ballagh, Consumers' Gas Company, 19 Toronto St., Toronto 210 — Director of Home Service (Associate).

Mrs. Elizabeth J. Fiset, 60 Palmerston Square, Toronto 174 — Home Service Representative, Consumers' Gas Company.

Mrs. Jean M. Luttmer, Apt. 1108, 3434 Eglinton Ave. E., Scarborough — Home Service Representative, Consumers' Gas Company.

Mrs. Diane J. Werezak, Ontario Department of Agriculture, Arthur — Government Extension (Reactivated).

Quebec

Miss Francine Dufour, Apt. 7, 4801 Cote Ste. Catherine, Montreal 252 — Consumer Consultant, Dept. Consumer & Corporate Affairs.

Miss Louise MacLellan, Box 552, Station B, Montreal 110 — Robert Simpson Co., Ltd.

New Brunswick

Miss Mary Ann Cameron, Florenceville — Home Economist, McCain Foods Limited.

Nova Scotia

Mrs. Margaret Stewart, 25 Broadholm Lane, Rockingham — Homemaker (Reactivated).

1972 Graduates

Alberta

Mrs. Eleanor F. Zazulak, Apt. 2004, Edmonton House, 102 St. & Bellamy Hill, Edmonton.

Manitoba

Mrs. Arlene E. Harris, Manitoba Dept. Agriculture, Home Visitor Program, 337 A. Main St., Selkirk R1A 1T3.

Miss Constance Pringle, Box 1474, 461 Larose Ave., The Pas R9A 1L3 — Northern Manpower Corps.

Ontario

Miss Patricia M. L. Daly, 1820 Kerr Ave., Ottawa K2A 1J3.

Mrs. Lorna J. Miller, Apt. 810, 1170 Fisher Ave., Ottawa.

Prince Edward Island

Miss Thelma R. Clark, Clinton.

Mrs. Kathryn M. Simpsons, 91 Kensington Rd., Apt. 8, Charlotteown.

Outside Canada

Miss Judith A. Sasges, c/o Fred Harland, P.O. Box 5726, Boroko, Papua, New Guinea.

ECOLOGY AND CREATIVITY IN THE UNIVERSITY CLOTHING LABORATORY

by LINDA M. McKAY
Assistant Professor, Textiles and Clothing, University of Windsor

Many voices are emerging in the international concern with ecology. All of these do not necessarily concern themselves with living things. Naturally, creativity becomes a part of ecology and creativeness is what this project is all about. The aim is to give new life and new interest to garments and fabrics found in our wardrobes.

Shortages created by wartime demanded this type of ecology, but our reasons for doing this work was basically an exercise in creativity. The impending scarcity of natural fibers and depletion of our natural resources may also produce a greater interest in the renovation of existing garments.

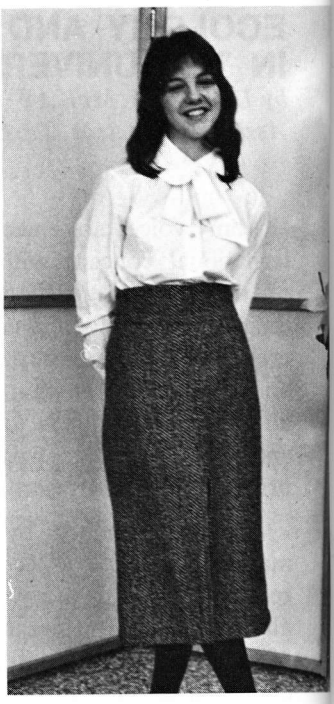
The present fashion period produces very rapid fashion changes. This quite often means that we find a large quantity of clothes in our closet that are of perfectly good fabrics but are out-dated fashionwise. Many durable fabrics will outlive the fashion life of the garment into which they have been made. When hem lengths went from long to short most people just shortened their skirts with very little regard for the design lines of the outfit. When the trend reversed and hemlines were longer and more varied a great deal more creativity was required to renovate a garment into a usable, fashionable one.

The assignment was for each student to select some previously made garment in which the fabric was still very good. This could be a garment belonging to them or obtained from some other source. The basic criteria were the quality of the fabric and the fact that the garment had no fashion life at the present. In some cases, the fashion line had been shortened because of the fit of the garment and in many cases the person was just plain tired of a certain look. But in all cases, it was a situation of a good fabric in an unusable garment. A very popular choice, since these were college girls, was a bridesmaid's dress for which the person had no further use. One girl converted a maternity dress belonging to her mother into a very fashionable midi skirt.

Other examples of some projects that were completed included the conversion of sheath dresses into middy skirts; many types of garments ranging from coats to pleated skirts were converted to tunics; straight-legged pants were converted to hip-huggers and bell bottoms could be created by the use of godets. One very enterprising student created hot pants and a battle jacket from an old Air Force uniform belonging to her brother, while another fashioned a battle jacket from a poplin raincoat.

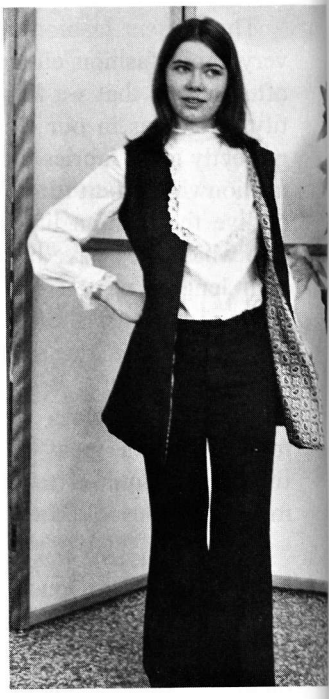
Along with the exercise in creativity and the contribution to ecology, a great deal of experience was gained by the unusual sewing techniques which are required by this type of project. Some techniques which may not be encountered in regular sewing labs but which were involved in these projects include trying to place patterns to avoid seam

DONNA JONES — BEFORE
Old maternity dress belonging to her mother.

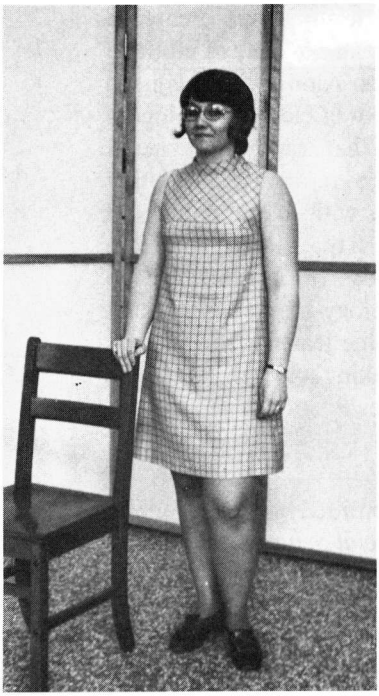


DONNA JONES — AFTER
Midi skirt, slit to knee, with contrasting lining.

WANDA HUNTER — BEFORE
Dress of poor construction and very poor fit; also not very much fashion interest.

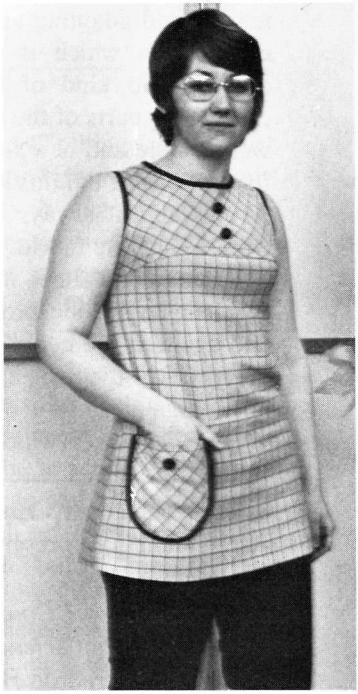


WANDA HUNTER — AFTER
Dress converted to long weskit to be used in a fashion-wise pants outfit; colourful lining brought to the front edge of the garment because there was not enough fabric for facings.



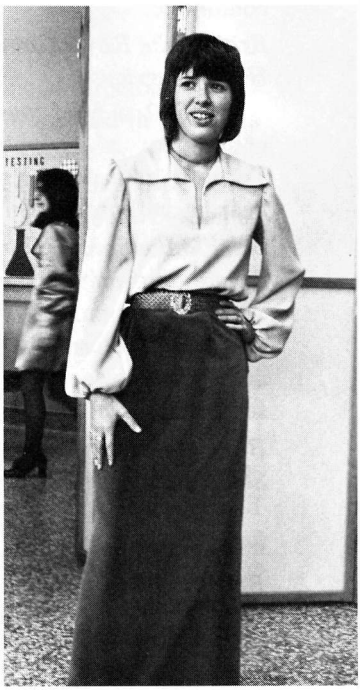
SUE BROKENSHIRE — BEFORE
Dress lacked interest, would be more useful to student's wardrobe at this time as a tunic.

SUE BROKENSHIRE — AFTER
Dress converted to tunic with trim and buttons added to co-ordinate with pants; pocket is also added. A simple but very effective change.



VIRGINIA CHITTIM — BEFORE
Used as bridesmaid's dress. She felt the dress was too short. She wanted a more casual, but still elegant, look.

VIRGINIA CHITTIM — AFTER
Dress converted to hostess skirt.



marks; and adapting and creating your own design which is dictated by the amount and kind of fabric. In most cases, only parts of the original garment were usable and new fabrics were used for sections of the finished garment and facings almost always had to be made from a separate fabric.

Pictures and slides were made of the garment before the project was started and again at the completion. In almost every case, the original garment was not recognizable.

Social changes which have brought about increased leisure have created a demand for a greater variety of clothing in our wardrobes. Along with this need for a great variety of clothing ecologists are suggesting that our social needs may have to be re-arranged so that people operate with a minimum of articles rather than a maximum amount. For those in our culture who want to be ecology-minded but don't want to adopt blue jeans as the answer, the idea of making clothes adaptable and interchangeable could be a solution.

The Canadian Home Economics Association has presented the following briefs —

Brief to the Royal Commission on Arts, Letters and Sciences

In 1949 a brief on Home Economics was submitted to this Commission. This brief was prepared by a special committee.

Brief to the Royal Commission on Health Services

In 1962 a brief was prepared by a committee of members from the Toronto area for presentation at the hearing in Toronto, May 1962.

Brief to the Special Committee of the Senate on Aging

In 1964 this brief was compiled by the Steering Committee of the Foods and Nutrition Committee and was presented March 12, 1964.

Brief to the Royal Commission on the Status of Women

Prepared by the Education Committee in 1968.

Brief to the Commission on Relations Between Universities and Governments

Prepared by the Executive with assistance of Deans of Home Economics and submitted in 1969.

Brief to the Special Senate Committee on Science Policy

Prepared by the Executive with assistance of Deans of Home Economics and submitted in 1969.

AGNES McINTYRE

Agnes McIntyre, formerly head of Household Arts at Northern Secondary School, died in St. Thomas, Elgin General Hospital on Friday, July 21, 1972.

She was a graduate of the London Normal School and taught public school for some time in Hamilton and London before studying in her chosen field where she made her greatest contribution to education.

Many students look back with gratitude on the background they received in clothing from her in day, evening and summer school.

Agnes was a member of the Canadian Home Economics Association since 1942.

MRS. MARY STONE

Chairman for the Textile and Clothing Committee of the CHEA is Mary (Tanton) Stone. Born and educated in Nova Scotia, Mary is a graduate from Acadia and Dalhousie Universities in Home Economics and Education. At present she is the Home Economics Department Head at Queen Elizabeth High School, Halifax.

Mary believes strongly in the home economist becoming involved in her profession. Professions and their organizations are only as relevant and successful as each person makes them. She is actively involved as a national committee chairman and as president of the Halifax-Dartmouth Branch of the N.S.H.E.A. and chairman of the Trips and Tours Committee for the 1972 CHEA convention.

Hobbies include all crafts activities, sewing, and the field of family living. Another interest is travelling. About a European trip, Mary wrote "a trip to Europe has made me realize the weath of knowledge gained from seeing other countries and cultures".

MISS GWEN LESLIE

"The liaison role of the provincial director between our national professional association and its affiliates is a vital one whose major challenge is in making real for those who haven't been privileged to know it, the tremendous stimulation of national participation, the recurrent enrichment of contact with fellow home economists across the nation, the opportunity to contribute to professional development and directions through CHEA" so writes Gwen Leslie, provincial director for Manitoba. Further and added bonus to the position is the contact with tomorrow's home economists, today's undergraduates.

At present Gwen is the Consumer Consultant with the Federal Fisheries Services. She has also had experience as a dietitian and as a newspaper and magazine journalist.

Her professional activities include membership and offices in the national and provincial CHEA, University of Manitoba Alumni Association and the Canadian Women's Press Club.

What's New

by MARJORIE ELWOOD

Compact Refrigerator

Canadian General Electric has in their 1972 Compact Line a new Compact refrigerator that features convenience and adaptability. This C.G.E. Compact, 5.2 cubic feet, is ideal for a small apartment, a cottage, an office or as a second refrigerator in a large home where refrigeration is needed in a recreation area. It is economical as far as cost of operation and space is concerned for it is only about 34 inches high, 21 inches wide and 26 inches deep. It comes in both coppertone and white with wood grain tops. The frozen food compartment extends across the top. Defrosting is started by a push-button and the re-set is automatic.

Discrimination

Canadians have been able to purchase margarine only in intense orange or unappetizing white due to provincial colour restrictions. Last May two provinces, Alberta and Saskatchewan, began legislation to permit the manufacture of margarine in a colour more appealing to the consumer. This is in line with British Columbia who rescinded its original laws and since 1952 has allowed margarine to have a mouth watering colour. Newfoundland of course, never brooked any interference regarding its production of sensibly coloured margarine. This leaves Manitoba, Ontario and Quebec as the culprits who have not as yet lifted their restrictions concerning the colouring of margarine. With such discrimination, one can imagine the amount of bootlegging of appealingly coloured margarine that goes on in some areas.

Snackin' Cake

This is a totally new idea in convenient cake mixes introduced by Betty Crocker. From package to oven, it takes only 2 minutes to prepare — no eggs, no beating, just add water and vinegar to the mix in the pan, stir and bake. I was delightfully surprised that such a good cake could be produced with so little preparation and fuss. It means your teenagers can make Snackin' Cake all on their own and you yourself can make one quickly when you have unexpected guests. They are nationally available in three flavours — banana walnut, chocolate almond and coconut pecan. Suggested retail price is 55 cents.

Roast 'n Boast Story

Cooking convenience coupled with quality and economy is a must for to-day's consumer. General Foods Kitchens have answered this challenge with their Roast 'n Boast cooking bags. They are made of durable polyester that lets heat rays penetrate so that the meat browns while it is cooking in its juices. The bag is designed for medium oven temperatures with 375 degrees the recommended one. Each package contains besides the cooking bag and ties, one of these distinctive sauce mixes — beef, chicken or pork. Water

and vegetables are the only necessary additions to the meat in the bag. There are also several recipe suggestions for substituting wine, fruit juice or soup for the water to create special dishes such as Beef Stroganoff, Polynesian Pork Chops and Chicken Chasseur. Remember that this is not a dry roasting so the result is much like a mouth-watering pot roast. One big plus is there is no cleaning of oven or pans when Roast 'n Boast is used. It retails for 45 cents a package.

Fancy New Dessert

McCain's have done it again in the frozen food field. They've created a light airy frozen shortcake in six delicious flavours — strawberry, blueberry, pineapple, peach, cherry and lemon. Each golden cake is filled with a pure fruit filling and topped with a snow-white whipped topping. It takes about two hours to thaw this glamorous ready-to-serve shortcake which cuts into four to six servings. It comes in a crimped foil pan so is well protected but is easy to open and reclose.

For those of you in institutional catering, each shortcake is 16 oz. (except lemon — 12 oz.) and they are packed 12 to a case. For further information regarding nutritional value contact Mr. Al King, Information Services Manager, McCain Foods Limited, Florenceville, N.B.

Lightguard Protects Vitamins & Minerals

Lightguard is a new co-extruded packaging film developed in Canada as a result of the discovery that milk marketed in traditional packages could suffer flavor and nutrient loss. Tested at the Food Science Department of the University of Guelph, Lightguard was found to let in less than 3% light as compared with 90% in the unprinted areas of the clear 3 quart pouch, 60-80% for the 3 quart polyethylene jugs and 10 to 13% for plastic coated cardboard containers. As a result of all this Bordens have introduced this new concept in milk packaging in Ontario and Quebec. Borden's president, Gerald Ray, considers Lightguard (white on the outside and black on the inside) offers the best possible protection for milk for freshness, extended storage, and minimum loss of nutrients. Also there is no investment in returnable containers — Lightguard burns completely.

Chiquita Drops Clusters

If you've wondered why you no longer see Chiquita bananas bagged in clusters, the answer is economics. It was decided that the burden of higher packaging costs this bagging incurred, could not be passed on to the consumer.

Degradable Plastic Packaging

Ecoplastics Limited located at Thornhill, Ontario, is now manufacturing degradable plastic packaging products and granting licenses to companies throughout the world to use Ecoplastics processes. These patented processes were developed by a team under Dr. James Guillet, professor of chemistry at the University of Toronto, who will act as research consultant for the firm.

The degradable plastics keep their normal characteristics indoors but are reduced to a powder in sunlight. In turn, this fine powder may be reduced by the micro-organisms present in soil

and return to the natural life cycle. Paul D. Wright, president of EcoPlastics stated that under this new technology products may be safely shown in store windows because ordinary window glass absorbs most of the ultra violet rays of the sun — it is now possible to control the lifetime of degradable packaging products after exposure to ultra violet rays to degrade after a few hours or up to six months. And of course these packaging products will remain stable in normal storage because the degradation process doesn't start until they are exposed to outdoor sunlight.

New Roast Pork Temperatures

In the olden days when farmers produced fat pigs the internal temperature for "doneness" when roasting a pork cut was 185 degrees. Now with our lean, meaty pork the best internal temperature for appetizing juiciness, flavor and most servings per pound is 170 degrees. The Taylor Instrument Company of Canada is aware of this so it has indicated on their new meat thermometers an internal temperature of 170 degres for pork. You'll notice this in two of their latest models — a large dial shaped meat thermometer with easy-to-read markings which retails for about $5.75. The other one is one of their "Valuline" set of four kitchen thermometers — oven, candy, meat and freezer. This one is smaller than the other one but is also stainless steel and retails for about $3.39. The Taylor Instrument Company of Canada is located in Toronto.

Push the Switch and Your Trash is Compacted

Amana, a name famous for freezers, has a Stor-Mor Compactor that makes the compacting of trash easy. Bottles, coffee cans, juice cans, plastic bleach containers, food cartons, even empty aerosol cans are compacted quickly in a bag-lined round bucket so the result even fits into a round trash can. The outside dimensions of the machine are 34″ high, 17¾″ wide and 21″ deep and if desired, there is a handsome chopping board that can be placed on top of the machine for instant use. Because the Amana Compactor has a very powerful ram head and driving screw, it has more compacting force than some others — up to 3,000 lbs. force. Lock and Key and Stop and Start switches provide simple, safe operation. It has a 5-year guarantee and retails for about $299.00.

Interspace

This is the name of a corporation, not a trip to the moon! They have introduced in Canada a very attractive line of English made chinaware called "Franciscan". It goes readily from oven to table to dishwasher without crazing, has an enduring color-fast beauty and is highly resistant to chipping. No wonder it graces so many North American tables. Franciscan tableware is made in two attractive shapes developed for the Canadian market. Colors range from rich earth tones to bright acrylic shades and there are six beautiful patterns, Madeira — reflecting the heritage of old Mediterranea with its rich brown color overlaid with olive green and muted turquoise; Sundance — has droplets of sunny cadmium yellow and ochre in a circular sundance design; Hacienda and Hacienda Green — they offer a hand crafted appearance abstract design in either yellow-gold or avocado green. The "Floral" pattern in a graceful arrangement of lavender,

ochre, coral and green flowers and leaves achieves a fresh, fanciful effect.

The "Nut Tree" has an appeal all its own and with its warm shades of brown highlighted with blue in a stylized leaf design. A 20-piece set of Franciscan Tableware for four retails for $34.95. A five piece completer set (vegetable dish, 2 platters, cream & sugar) retails for $15.95. Also to complement the Franciscan Tableware is Franciscan Madeira Casual Crystal in a vibrant choice of colours — olive, smoke, citron, blue, ice, plum and cornsilk. They come as goblets, sherberts, juice/wine, footed tumblers, double old-fashioned and hi-balls priced at $3.50 each. Gordon Grant, sales manager for Franciscan Tableware may be contacted for further information at Myott Son & Co. (Canada) Ld., 11 Wickware Gate, Scarborough 706, Ontario.

New Decaffeinated Coffee

When I first tasted Brim — the 97% caffein-free coffee of General Foods — I was delightfully surprised at its rich, full flavour. This type of coffee has come a long way from the time the original, tasteless ones were put on the market. So if you love coffee but worry about its caffein content, Brim is the answer. Try it in one of those delightful after dinner drinks such as Café Brûlot, Caffè Borgia and Irish Coffee. Brim is packaged in 2, 4 and 8 oz. jars but is available only in Ontario temporarily.

Spicy Addition

Kraft now has their new, sharp horseradish sauce in 12 oz. jars in national distribution. It has a pungent aroma and spicy flavor that adds greatly to such favorites as corned beef sandwiches, potato salads, devilled eggs, coleslaws, ham salad sandwich fillings and seafood cocktail sauces. Kraft Horseradish sauce doesn't require refrigeration in the store but does in the home once it has been opened.

Squeez-A-Snak

This process cheese spread by Kraft is an easy-dispensing non-refrigerated product in five flavors—Sharp, Onion, Hickory Smoke, Swiss and Jalapeno Pepper. It's great for snacks and Canape use. Also, because it doesn't require refrigeration it is useful for the picnic basket and on camping trips. It is packaged in an 8 oz. size with a clever plastic spout through which the cheese is squeezed and then the spout can be resealed with a plastic cap to keep the cheese appetizingly fresh.

Jet Puffed for Flavour

Kids love large king-sized marshmallows they can toast easily or eat right out of the bag so Maxi-Mallos by Kraft have become an instant hit. They're as soft on the outside as they are on the inside and are packaged in 1 lb. bags.

Membership of the C.H.E.A.

1941	—	429
1961	—	874
1971	—	1,426
1972	—	1,190

The Canadian Home Economics Association was organized in Winnipeg in 1939. In November, 1954, C.H.E.A. became an incorporated body.

Happenings

Recycling of Glass Bottles and Jars

In the first six months of 1972, 11,731,998 bottles and jars have been returned to eleven collection depots in five provinces — New Brunswick, Quebec, Ontario, Alberta, British Columbia.

While the bottle returns still represent only a small percentage of total new glass container production, the amount of waste glass used in new glass manufacturing is increasing and currently represents from 20 to 30 per cent of total new glass container production. Glass container companies are supplementing the waste glass purchased from the public with waste glass purchased from their customers including soft drink bottlers, brewing companies, and other container users.

From Glass Container Council of Canada, Toronto, Aug. 15, 1972.

Canadian Council of Resource and Environment Ministers

The Council is an inter-governmental body set up jointly by the federal and provincial governments. This council has initiated the Man and Resources Conference Programme. A National Workshop is being held in Montebello, Quebec from October 29 to November 4, 1972. In 1973 the National Conference will be held in Toronto, November 4-9. The National Conference is "intended to provide a forum for citizenship participation in the identification of issues and policy guidelines related to the management of Canada's resources."

Information regarding this conference and a list of publications of the Canadian Council of Resource and Environment Ministers is available from —

Canadian Council of Resource and Environment Ministers,
1170 Beaver Hill Square,
Montreal 111, P.Q.

XIIth Congress of the International Federation for Home Economics

Helsinki, Finland, July 23-29, 1972.

Theme: Home Economics, A Vital Force.

"Capsule Memories of the Congress:"

Attendance:

Nine hundred and eighty members approximately plus one hundred accompanying relatives. The latter could attend the majority of meetings and participate in the social activities and tours.

The largest delegation was from the United States with 237 and the smallest from countries such as Iceland with one representative. Canada was well represented with 56 in attendance.

Pre-Congress Course Themes:

Sweden: Home Economics and Consumer Education.

Norway: Our Environment, Study and Control.

Denmark: The Philosophy Behind Residential, Liberal and Adult Education in Denmark.

Programme:

Plenary Sessions Topics

A. The Place of Home Economics in Continuous Education.

B. Home Economics, A Vital Force in the Life of the Individual.

C. Home Economics, A Vital Force in the Development of Society.

For the sub-plenary sessions and discussion groups the participants were divided in groups according to interest.

Sub-Plenary Sessions

A. Problems raised by diverse ages.

A1. The Young.

A2. The Adults.

A3. The Aged.

B. Home Economics answer to the problems raised by diverse ages.

B1. The Young.

B2. The Adults.

B3. The Aged.

C. Home Economics answer to the problems raised in:

C1. The Industrialized Countries.

C2. Developing Countries.

C3. Countries with migrants and foreigners.

The highlight of the program was generally acknowledged to be the speech given by Dr. Edith Rowles Simpson of the University of Saskatchewan at the second plenary session.

Her presentation was the only one throughout the congress that was accorded a prolonged ovation. Hers was a challenging address that will no doubt be printed in full at a later date and to quote from it now would only do it a disservice. Suffice it to say that Canada could not have been better represented.

Social Highlights

Finnish Night — when all participants of the congress were guests of the Finnish Home Economics Association for an evening of folk songs, dances, and superb music.

Home Visits — one to a city apartment and the other to a farm, where ten members of the local Martha Association (Women's Institute) entertained 30 people for dinner, a sauna and swim.

The Banquet — held in a beautiful lakeside setting with the ladies wearing their national costumes or formal dress.

Happy Memories:

— The great hospitality of the Finnish people.

— The evidence of their love and appreciation of nature in profuse use of flowers.

— The impressiveness of the opening ceremonies of the congress with the music of the Helsinki Philharmonic Symphony Orchestra.

— The exploration of the gastronic maze of the cold buffet tables. (smorrebrôd and smorsgasbord).

— The various effects of the true sauna followed by a swim in a cool lake: invigorating to the body but disastrous to the coiffeur.

— The interest and ability in crafts. Hand weaving of excellent quality was offered even in the farmer's market.

Exciting News:

The next congress will be held in Ottawa in July 1976. Why not plan now to be a participant and become an active member of the Federation?

University of Saskatchewan

Dr. Helen C. Abell has been appointed dean of the College of Home Economics, University of Saskatchewan with the retirement of Dr. Edith C. Rowles-Simpson.

Dr. Abell was professor of Sociology at the Division of Environmental Plan-

ning, University of Waterloo. Prior to that she was on the staff at the University of Guelph.

1972 Carnation Incentive Award

The winner of the 1972 Carnation Incentive Award is Mrs. R. H. (Joyce) Mackay of Vancouver who is currently studying for a master's degree in nutrition at the University of British Columbia.

Following graduation in Home Economics from the University of British Columbia, Mrs. Mackay served as a volunteer teacher in Tanzania, East Africa and then as a nutrition educator with the Milk Foundation of British Columbia.

This award is made possible by the Carnation Company Limited, Toronto.

Award to Dr. Edith C. Rowles-Simpson

At the Annual banquet of the Canadian Dietetic Association conference in Victoria in June, Dr. Edith C. Rowles-Simpson was presented with the Stuart's Branded Foods Ltd. "Award for outstanding achievement in dietetics".

Dr. Simpson's contribution in the field of dietetics and home economics has been enormous.

Conference on Research in Child Development

The Canadian Association for the Advancement of Research in Child Development is holding its third Annual Conference at the Chateau Laurier, Ottawa from Oct. 15-18, 1972.

Theme —

The Integrated Child in the Disinterested Society.

Community Involvement in Research.

Topics:

1) The Human Relations Approach versus Behaviour Modification: Relate or Be Shaped Up?
2) The Built Environment/Child Development Interface.
3) "People, Pedagogues and Participation: How Can the Community Become the School?"
4) Social Responsibility: Your Own Thing versus Mutual Aid.

Conference is open to all interested in the child's development: researchers, practitioners, users of services. An opportunity to exchange findings and ideas.

Registration fee including supper party — $20.00. Membership fee — $10.00.

Inquiries in care of:

CAARCD
Suite 803
116 Albert Street
Ottawa, Ontario K1P 5G3.

Mary A. Clarke Memorial Scholarship

The first Mary A. Clarke Memorial Scholarship was presented to Florence Swan at the C.H.E.A. biennial convention at Ottawa.

This scholarship is in memory of Mary Clarke who was president of the C.H.E.A. from 1952-1954, and was a supervisor of Home Economics education in Ontario.

Florence Swan is on the Economics staff of Teachers' College, Fredericton and is a life member of C.H.E.A. She is a graduate of Mount Allison University, and did post graduate studies at Columbia University.

Prior to her present position, Florence was nutrition education con-

sultant for the Department of National Health and Welfare. She is now studying at Pennsylvania State University, University Park, Pa. for a Ph.D. in Home Economics education.

Presentation of the Honour Award, Halifax, 1972

It is my privilege to present to you one of our Nova Scotia members for the Canadian Home Economics Honour Award. I am pleased to announce that Miss Ruth Binnie, retired Inspector of Home Economics for Nova Scotia is this year's recipient.

Miss Binnie was educated in England and began her teaching career there. ollowing a tour to Canada she was so impressed that she returned here to work. At the beginning of the war, she was working in England, and returned to Canada, travelling with a group of school children. This trip by convoy took 14 days.

Her first position was teaching night school and then she became Inspector of Home Economics for Nova Scotia in 1940. She held this position until retirement in 1956. However, after retirement she taught part-time until 1964.

Miss Binnie is a past president of the Nova Scotia Home Economics Association and has been the Nova Scotia Director of C.H.E.A. Throughout the years she has worked tirelessly for our profession. Even in her retirement years, she has taken an active part in the Association and has always been ready with words of encouragement and advice for younger members.

Miss Binnie, on behalf of all member of the Canadian Home Economics Association, it gives me great pleasure to present to you this Honorary sife Membership in our Association. You have served our profession with distinction and dedication.

Edited from a speech by Jean M. Pick, Vice-President, C.H.E.A.

NORAH CHERRY

Norah Cherry, charter member of the Canadian Home Economics Association, died June 14 in Winnipeg after a year-long illness. Since 1954, Miss Cherry was Food Editor for the Winnipeg Free Press and the Ottawa Journal.

Following graduation in Home Economics from the University of Manitoba and completion of a Dietetic Internship in Ottawa, Miss Cherry did vitamin research at the Children's Hospital, Winnipeg, and then youth training work for the Manitoba Government. In 1940, Miss Cherry joined the Winnipeg Electric Company as director of the Home Service Department.

Throughout her career Miss Cherry maintained an active interest in CHEA, serving as secretary-treasurer, provincial representative, HEIB committee member and she helped organize the 1945 conference in Winnipeg.

Today's science is built of the knowledge and ideas provided by thousands of men and women, enlarged and added to and worked into modern form by new thought and new discoveries. We are always re-using the past.

Reviews

BOOKS

Diet for a Small Planet

F. M. Lappé,
Ballantine Books Inc.,
New York, N.Y. 10003,
1971, 301 p., paperback, $1.25.

Lappé has written a well-researched and interesting book that is a must for all people considering or following a vegetarian diet and a very thought-provoking and illuminating book for everyone concerned about feeding themselves and all the world's people.

Problems of meeting the protein needs of people through high consumption of meat are presented from various aspects. Her statistics point out the land waste in producing animal protein.

The author discusses some political implications of various ecological topics. Lappé says meat-eaters are at the top of long food chains in which pesticides accumulate as one organism is eaten by another. "So if man is eating at the "top" of such food chains, he becomes the final consumer and thus the recipient of the highest concentration of pesticide residues," she says.

The bulk of the book presents a well organized explanation of protein theory. The charts and graphs are superior. The author has developed a practical, easy-to-follow guide for choosing adequate meals without meat. The tables are excellent, and many examples are given to show their use.

There are 144 pages of appealing recipes. Some helpful charts are in the appendix, including one on protein cost comparisons and another on pesticide residues in the American diet.

This book will attract many readers who question much about the "establishment", including meat-eating habits. Much of the material made available to this group on health topics is non-authoritative. This book does not present half-truths but nutritional facts. It is an understandable, factual book for vegetarians which meets a real need.

(Reviewed by — Dorothy Brownold, Asst. Prof. and Acting Curriculum Director, Curriculum in Medical Dietetics, University of Illinois Medical Center, Chicago, Ill.)

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Journal of Nutrition Education

Cooking for Camp and Trail

Hasse Bunnelle with Shirley Sarvis
Sierra Club
San Francisco — New York
1972, 198 pages — $3.95

The Sierra Club Totebook (a mere 6 inches x 4¼ inches) complements an earlier one entitled "Food for Knapsackers and Other Trail Travellers." As the name implies, the earlier book stresses light weight, low-bulk foods for back-packers such as hikers and skiers; in this one, the editor says the emphasis is "on the stomach". At first glance, some of the recipes might seem a bit fancy for camp meals, but further delving reveals the inclusion of much

worthwhile information, especially for the novice camper.

The Sierra Club, since its founding in 1892, has devoted itself to the study of scenic and ecological resources — for the enjoyment and preservation of natural surroundings. There are 37 chapters across the U.S.A. and Canada. The author, Hasse Bunnelle, has had ample experience in outdoor cooking and her collection of recipes has been edited by food writer Shirley Sarvis, whose articles appear in such magazines as Gourmet, Sunset and Women's Day.

It is recognized that there are many types of camping today, other than backpacking, with varying modes of travel. Bulk and weight need not be major considerations, and refrigeration often can be provided for storage of fresh foods. On some trips, markets are not far away. A nutritious and varied diet is obtainable from a carefully chosen mixture of freeze-dried, dehydrated, canned and fresh foods.

Menu planning and hints for food purchasing comprise the first part of the book and in general the emphasis is on foods which supply the essential nutrients. In a section on "natural" food products, young people who are on the currently popular "organic vegetarian" diets are cautioned to provide foods of high quality protein. Many of the recipes do make this provision.

Several pages are devoted to a glossary of cooking terms; weights and measures; cooking times and temperatures, with guidelines for high-altitude cooking; and a list of useful condiments and seasonings. Excellent hints on packaging, packing and storing of food items are given, as well as lists of basic and "nice-to-have" equipment. Stoves with various types of fuel and the building of wood fires are dealt with, along with a word to the wise about dish washing. A list of suppliers of freeze-dried, dehydrated and other light weight foods is contained in the appendix.

It is maintained that, though campers' meals can range from the spartan to the exotic, even the spartan should be tasty; this book therefore includes suggestions for the full range. Just have a look: Quick-Trail Breakfast (a granola-type cereal), Jerky (made at home), Sourdough Pancakes, Wine-Marinated Steak, Campers' Chutney (for curry), Flemish Beef Stew, Vegetables Roasted in Coals.

A wide variety of recipes — about 200 in all — includes those for soups, meats, poultry, fish (including fresh-caught fish and some wild game), eggs and cheese, legumes, cooked vegetables and salads, breads, fruit desserts, puddings, cookies, etc., hot and cold beverages. Some dishes, for example, Cornish Pasties, are to be made at home and reheated at camp. Much use is made of herbs and other seasonings, which may not be to everyone's liking, but it does make for interesting flavour variations. Ingredients are listed in order of use, and directions are easy to follow.

For those who enjoy cooking while on a camping trip, this little book would serve a useful purpose, and those who stay at home would find the recipes adaptable to conventional kitchen equipment.

Reviewed by:

M. Lois Clipsham
Home Economics Breach
Ontario Ministry of
Agriculture and Food

Dress Designing: Fashions, Figures, Fabrics, Facts

by Millicent E. C. Evans

Miss Evans, an accomplished Canadian designer, has written this book for those of us who do not fit the "standard" pattern sizes, and for those who would like to create their own dress designs. In a time when sewing has fast become a popular creative outlet for Canadian women, I feel this book is a helpful addition to available reference material. Miss Evans outlines her approach to basic dress design with clear instructions and helpful diagrams. Her approach to flat pattern is remarkably understandable.

However, I was asked to comment in particular on the usefulness of this book in Canadian secondary school Home Economics courses. In the field of education, home economists are currently very concerned about making Home Economics a relevant programme for our students. It is our feeling that Home Economics provides an excellent opportunity to educate young people for life. In this light, the emphasis previously placed on the skills of cooking and sewing is lessening, particularly at the senior level. I, personally could not justify the time it would take to explore the ideas and methods presented in this book. Therefore I feel that its use as a text book would be limited and the expense unjustified. But I do feel it would be a helpful book in the classroom for guiding students who are particularly interested in dress design.

Reviewed by:

Miss J. Hudson,
Athens District High School,
Athens, Ont.

The Changing Form of Fashion

By Madge Garland,

J. M. Dent and Sons, Ltd.,
London, England, 1970, $10.40

In the genre of the recent success, Figleafing Thru History by Christie Harris and Moira Johnston, Madge Garland presents a wide-ranging and thoughtful look at the human preoccupation with dress and fashion. Her approach is less global and less motivational than that of Harris and Johnston; her book is a sophisticated historical review and analysis of a number of aspects of feminine dress, including silhouette, modesty, fabrics and the creators of fashion. She also includes, perhaps unexpectedly, sections on the fashion importance of the head (hair, hats) and the foot (shoes, fetishism).

Garland avoids a plethora of theories, but she does stress some points which she considers significant; for example: the necessity of a chance (or is it?) juxtaposition of an extraordinary creative talent and a profound change in the spirit of the times to effect dramatic and fundamental change in fashion, examples being Paul Poiret (1900's), Chanel (twice!), Dior (1947 and Mary Quant (1966).

There are some limitations to the book. It has a total London-Paris orientation, which may be valid for her, yet she ignores the important American contributions of this century, particularly that of ready-to-wear. She has, also, a disconcerting habit of referring to the specifics of various works of art which are not among the book's illustrations, and which may or may not be familiar to the reader. At the same time she rarely refers directly to any of the excellent photographs included.

Despite these drawbacks, and a

general skimpiness of content, the book is both a readable, valid overview of fashion and a source of interesting detail of the type available to insiders. Madge Garland has been both a Vogue editor and a Professor at the Royal College of Art (Eng.) and is the author of several other books on fashion, art, and the times.

Reviewed by:

Betty Ann Crosbie,
Faculty of Food Sciences,
University of Toronto.

Personal Economic Planning

Glen A. Mumey,
Holt Rinehart & Winston Inc.,
1971, 304 pages.

This book by a Canadian author, is published in the U.S.A. It contains many clear and simple definitions of terms, many familiar formula and some useful advice.

The most serious flaw in this work is the authors attempt to divorce the realism of community life from the economic world. Goals and values, in the context of the family are scarcely mentioned.

The first part of the book deals with such topics as compound interest, formulaes and the use of tables — this is very well done but the author quotes American tax tables and he does not point out the benefits of taxation.

The second part of the book deals with investments in various forms — some of this is rather dull and the author does not mention the fact that much asset selection is greatly influenced by advertising, not by actual need. Adequate warning of the high risk nature of stocks is not given. Mortgages are scarcely mentioned. The section on house buying is confusing — there is no mention of commodity money.

This book does not deal adequately with inflation — a most important aspect of modern economic planning.

The last part of the book deals with "lifetime economic planning" — this is interesting if unrealistic. It is doubtful if the student or any other reader would spend time and energy working out an exercise such as this. It makes poor allowance for the changing nature of the family circumstances e.g. death. However an example of a profit and loss balance sheet is given — this would be useful and is clearly written.

This book would be useful as a reference (though Mr. Mumey admits its use is limited in this respect) for the Home Economic teacher. For the high school student, some sections would be very useful in areas of Economics or Investment. However, as a text, its use is limited; it would probably arouse little interest in the student as its examples are tedious and sometimes tend to confuse the principle being illustrated. As a text for higher levels of education e.g. college, much of the information is over simplified.

Reviewed by:

E. Gillian Skinner,
Smith Falls District Collegiate
Smith Falls, Ontario.

Betty Crocker's How To Feed Your Family To Keep Them Fit and Happy — No Matter What

Golden Press,
New York City,
160 page paperback.

The book is an easy-to-read and understand answer to the problem of making good nutrition interesting and practical in to-days family life.

It takes a breezy but no-nonsense

approach to real life situations and the diverse nutritional needs and quandries of families in the flux of to-days lifestyles.

Bridging the nutrition gap as well as the generation gap is a perplexing task, and so a little humour and fun brighten these pages about how to cope with breakfast-shunners, over-eaters, milk-shirkers and sneaky-snackers of every age.

Prepared in collaboration with professional nutritionists, the text of the book has been reviewed and approved by Dr. William H. Sebrell, Jr., formerly Director of the Institute of Nutritional Sciences, Columbia University and by Nutrition Services, General Mills, Inc.

It sells for $1.95 in bookstores. The special Home Economcs price is $1.56. Send amount with your name and address to:

Fitzhenry and Whiteside Ltd.,
150 Lesmill Road,
Don Mills, Ontario.

Kitchen Planning and Decorating

Better Homes and Gardens Books
Meredith Corporation, 1972
$2.95

Doesn't every homemaker dream of a beautiful, functional kitchen — the one room in the house where she spends most of her time? This book has at least one idea for every woman to copy or adapt for her own kitchen.

To teach both function and beauty in the kitchen the authors use picture after picture accompanied by a brief but concentrated dialogue. Their ideas seem much more workable when illustrated by photographs — 207 in all. This book is best for minor improvement and updating of kitchens. Even the authors recommend consulting a kitchen planning itself.

Emphasis is placed on the decorating of todays' kitchens. Really only one third of the 128 pages are devoted to kitchen planning itself. Unfortunately kitchen planning is split up into many widely spaced chapters in the book. Just when you think you have your kitchen perfectly planned and practically all decorated, along comes another chapter on planning. In fact, lighting, wiring and ventilation are not discussed until near the end of the book. A regrouping of the material covering kitchen planning would make it easier to follow through.

The decorating section is the strong point of this book. Many decorating ideas are well within the reach of the average do-it-yourselfer. The basics are presented for the beginner and then the book progresses step by step from choosing paint brushes to the installation of panelling to making wall plaques from dried vegetables. Again, many of the ideas are illustrated by beautiful full colour photos.

The book is written for a U.S. audience. Some of the appliance options that are mentioned are not yet available in Canada, and the UL label is not recognized in this country. Most of all, this is an attractive idea book — an idea book to build on.

Reviewed by:

Joan M. Winfield,
Toronto.

Booklets and Pamphlets (described, not reviewed)

Facts on Food

How safe is our food supply? Are additives poisoning us? Are refined foods nourishing? Is there really anything special about honey, vinegar, wheat germ and rose hips? These are

the kind of questions the Health Protection Branch receives from perplexed consumers.

In response to these enquiries, Educational Services have prepared a series of bilingual Tear Sheets entitled "Food Hangups". Each sheet covers an aspect of food quackery or food safety:

The Overrefining Kill
The Meat Complex
The Additive Alarm
The Calculating Kick
Wonder Foods

"Food Hangups" may be obtained by writing or contacting the regional consultant in the Health Protection Branch in one of the five regional offices in Canada (Halifax, Montreal, Toronto, Winnipeg and Vancouver) or to:

Educational Services
Health Protection Branch
Health and Welfare, Canada
Tunney's Pasture
Ottawa K1A 0L2, Ontario

The Unique Invisible Handbook

24 page illustrated pamphlet available in French or English by writing to: Unique Zippers, P.O. Box 35249, Postal Station "E", Vancouver 13, B.C.

Fashion Sense For Your Clothing Dollar

Offers simple and practical quidelines for planning, purchasing and caring for a wardrobe. This 40 page illustrated booklet is available for twenty-five cents from Money Management Institute, Household Finace Corporation of Canada, 85 Bloor Street East, Toronto 5.

Films and Filmstrips (described, not reviewed)

Eat, Drink and Be Measured

"Eat, Drink and be Measured" is the story of Nutrition Canada.

For almost two years, teams of investigators travelled across Canada evaluating the nutritional status and eating habits of Canadians.

More than 24,000 citizens were interviewed and examined by a physician, a dentist and a dietitian.

"Eat, Drink and Be Measured" is more than a film. It is a witness of all the work being done every day in mobile clinics, laboratories and research centres across Canada.

"Eat, Drink and Be Measured" is available to anyone who is concerned with nutrition and the health of the Canadian public.

In colour, approximately 28 minutes in English, 18 minutes in French. Available in ½ inch, 1 inch and 2 inch videotape, highband or lowband, or 16mm film.

For informating regarding the *loan* of film contact:

Health Protection Branch
Education Services
Health and Welfare, Ottawa. or
regional offices of Health Protection Branch in Vancouver, Winnipeg, Toronto, Montreal, Halifax.

The film may also be purchased:

English	approx. $360.
French	approx. $240.

Commercial Division
National Film Board,
Côte de Liesse Road,
Montreal, Quebec
Attn: Mrs. Hopfinger

Food Mystique Slide Series

Health Protection Branch,
National Health and Welfare

"Food Mystique" Slide Series is part of a package deal which Educational Services of the Health Protection Branch has prepared to help counter the exaggerated claims and misbeliefs current in todays "health food" movement. The slides complement five tear sheets "Food Hang-Ups" on the same topic.

How can you separate food facts from fiction? Explain conventional foods and health foods? Was food really better and safer in the good old days? The 28 slide series graphically presented in cartoon fashion provides some answers to these and other questions about food additives, nutrients added to food, pesticides, "wonder foods" and federal government protective legislation for foods. With so much material writen on food faddism quoting statements of self-styled authorities, it is difficult to know what the true facts are. "In evaluating the credibility of nutritional advice, know your source" is part of the message of "Food Mystique".

The slide series is presented as a teaching aid for home economists, health and consumer Educators, dietitians, nutritionists and is specially designed for high school audiences.

The "Food Mystique" Slide Series may be obtained from:

Visual Educational Centre
115 Berkeley Street
Toronto 2a, Ontario

It may be purchased in two different ways. 1 set — 28 slides with descriptive folder $12.60. 1 set — 28 slides with tape cassette and folder $18.60. (Available in French or English.)

COMING EVENTS

July 7-12, 1974
C.H.E.A. Convention, Vancouver, B.C.

1976
C.H.E.A. Convention, Ottawa, Ontario.

1978
C.H.E.A. Convention, Banff, Alberta.

* * *

Circle these dates

October 8 to 15, 1972

International Culinary Exhibition (I.K.A.), Frankfurt, Germany.

October 9 to 13, 1972

American Dietetic Association Annual Meeting and Exposition. Rivergate Exhitbion Center, New Orleans, Louisiana.

November 11, 1972

70th Anniversary of the University of Toronto Household Science Alumnae Association Symposium. Toronto, Ontario.

Effective March 1, 1972

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